

## FACT AND FICTION:

### Substances and your body

#### Home is where the heart is.

Your body is your home. A home you can't move out of, trade, or replace. Unlike a home made of lumber and nails, what you do in your home can't be repaired. It stays with you forever. The consumption of alcohol, tobacco, and/or drugs makes our homes grow old faster. Things can begin to break, look worn, and fall into disrepair surprisingly quickly. Since substances can make a person feel good for a little while, they can make a user forget the damage they are doing. **Be careful and treat your body with respect!**

#### Alcohol

Alcohol is a legal intoxicant that is unarguably the most dangerous drug on the planet. Each year, more people are injured or die from alcohol-related accidents than from any other drug.

#### Drinking...

...makes skin brittle and dry, causing cracking, blemishes, and bloating of the skin, especially in the face and stomach regions.

...harms every organ in the body. Alcohol damages the entire digestive system. It can cause scarring of the liver and eventually lead to liver disease. Alcohol can cause your brain chemistry to change, causing memory loss and sudden mood swings.

...is packed with empty calories.

Alcoholic beverages are very high in calories and can cause weight gain and increase the risk of diabetes, even if taken in moderation!

Learn more at: [www.alcohol-facts.net](http://www.alcohol-facts.net)

#### Tobacco

Tobacco is a leafy plant which contains nicotine, an addictive stimulant. In one study of 20 often-used drugs, nicotine ranked third most addictive, just behind heroin and cocaine.

#### Tobacco...

...stinks. Smoking smells awful and pollutes the air. Chewing tobacco can stain the teeth and cause bad breath and gum recession.

...has tons of harmful chemicals. If you smoke, you are coating your lungs with tar, hydrogen cyanide (rat poison), benzene (a gasoline additive), and formaldehyde (a chemical used to preserve dead bodies), just to name a few. That can't be good for anyone.

...is so addictive that even a couple of cigarettes can cause dependence. Studies have shown this addiction to be just as powerful as that of a regular smoker! "Just this once" can very easily become a long, painful struggle with nicotine. Don't fall into the "one more" trap!

Learn more at: [www.acde.org/common/tobacco.htm](http://www.acde.org/common/tobacco.htm)

#### Illegal Drugs...

...are dangerous to you and those around you. Illegal drugs can cause drastic changes in a user's ability to live a normal life. Illegal drugs are always a negative equation.

They do nothing but take from the user, a user's family and friends, and from the community at large. If you or someone you know is a user, get help now!

...can cause irreversible damage to the mind and body. For example, cocaine can bring on strokes and seizures, even in young people.

Nine percent of marijuana users become addicted. Our bodies are fragile. Don't risk your future. This is not a game.

...can land you in the slammer! The food and lack of sunlight has to be bad for your body! But in all seriousness, a criminal record can stay with you forever. Don't let illegal drugs take future opportunities away from you. It's never worth it!

Learn more at: [www.drugalcohol-rehab.com/illegal-drugs.htm](http://www.drugalcohol-rehab.com/illegal-drugs.htm)

### "Addiction" Defined:

...to be "addicted" is to be chemically-dependent. When addicted, a person will compulsively seek out a substance despite knowing and experiencing its harmful effects upon themselves and those around them.

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